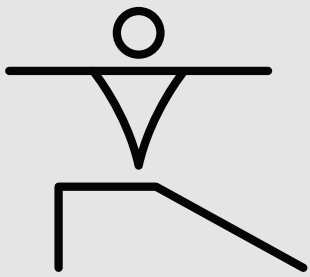


# WHAT TO DO ON A DOPAMINE FAST

(+ 15 STOIC JOURNAL PROMPTS)

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1

## LIGHT EXERCISE

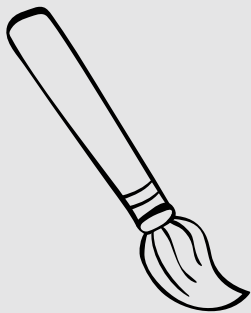
Walking, biking, jogging and yoga. Body work will unlock your creativity. It will get you out of your mind and into the wisdom and presence innate within you. It will bring out your inner greatness.



2

## MEDITATION

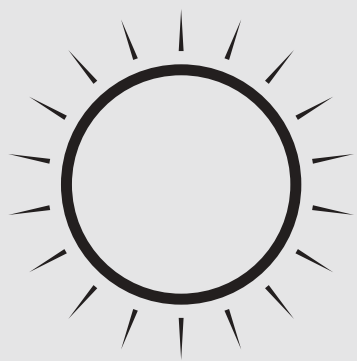
Spend multiple hours meditating. Everybody says they meditate but nobody really does. Book an appointment at a float tank. Without the dopamine pollution, your meditation will be better than ever.



3

## ARTS & CRAFTS

Art can be beneficial on a dopamine fast if it's in confined quarters. Painting. Drawing. Paper maché. These things will unlock more creativity and access deeper parts of your brain that have gone silent.



4

## SUN

Vitamin D = power. If you're complaints per day is greater than your Vitamin D levels in mg/dL you're doing something wrong.



5

## BAREFOOT IN NATURE

Infographics are visual representations of data, making complex info easier to share and digest. When making your own, simply organize your images, charts, and text. Finally, cite your sources.

# 15 STOIC JOURNAL PROMPTS FOR YOUR DOPAMINE FAST

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CONSISTENT JOURNALING IS ONE OF THE MOST UNDERRATED THINGS YOU CAN DO TO CONNECT WITH YOUR INNER SELF. ALONG WITH MEDITATION, IT EVOKES A MINDFULNESS AND GIVES YOU AN OPPORTUNITY TO ENTER A STATE OF DEEP REFLECTION. ON A DOPAMINE FAST, EXPECT TO DEVELOP DEEPER INSIGHTS. TO BRING THEM OUT EVEN FURTHER, BELOW ARE 15 PROMPTS FOR YOUR DOPAMINE FAST.

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- 1 WHAT IS GOING WELL IN YOUR LIFE?
- 2 WHAT NEEDS TO BE IMPROVED IN YOUR LIFE?
- 3 WHAT ARE YOU LOOKING FORWARD TO? WHAT ARE YOU MOST EXCITED ABOUT?
- 4 WHAT MATTERS THE MOST TO YOU?
- 5 WHAT ARE YOUR GOALS FOR THE NEXT MONTH? YEAR? 5 YEARS?
- 6 WHAT CHANGES ARE YOU GOING TO MAKE TO ACCOMPLISH THOSE GOALS?
- 7 WHO DO YOU ADMIRE? WHAT ARE THEIR STRONGEST CHARACTERISTICS?
- 8 WHAT IS AN ACCOMPLISHMENT YOU ARE PROUD OF?
- 9 WHAT DO YOU LOVE ABOUT YOURSELF?
- 10 WHAT ARE 10 THINGS YOU ARE GRATEFUL FOR? WHY?
- 11 HOW WOULD YOU FEEL IF THE 3 MOST IMPORTANT THINGS IN YOUR LIFE SUDDENLY DISAPPEARED?
- 12 WHAT IS ONE THING YOU NEED TO BE MORE HONEST WITH YOURSELF ABOUT?
- 13 WHAT IS ONE HABIT YOU WANT TO BREAK? WHAT ARE YOU GOING TO DO TO BREAK IT?
- 14 WHAT IS ONE HABIT YOU WANT TO BUILD? WHAT ARE YOU GOING TO DO TO BUILD IT?
- 15 WHAT IS YOUR PURPOSE?